



Bouri Spa, Manali

Back to the Roots

Nestled in the picturesque Kullu Valley, ShivAdya is a unique resort that is focused on the principles of sustainable tourism and inspired by local architecture of the Himalayan region

About the spa: With captivating views of pine and cedar forests and snow-capped peaks, ShivAdya Resort & Spa is built of wood, stone and mud, based on the Kath Kuni style of building.

The main three-storey building houses the Bouri Spa. As per the architecture of Himachal homes, the lowest floor is used to house cattle and grain, but at ShivAdya, it is where you can check-in to a luxurious holiday at the reception. The floor above it, traditionally called bouri, holds insulated bedrooms and living spaces. Just as locals relax and unwind on this floor, you can rejuvenate at the Bouri Spa.

Right from the carved wood, stones to the wooden pillars on which the building that houses the spa has been raised, it is all handmade by local artisans and labourers. The flooring is made of different types of wood namely, walnut, teak, cedar, and deodar, and arranged artistically to create unusually pretty rustic patterns. The traditional wooden ceilings and the doors are high enough to give a feeling of grandeur. The stone and mud walls lend a warm feeling in the room even when the temperature outside is freezing. The interiors are subtle and classy. Many other construction elements have been brought in to minimise transport and carbon footprint. The spa itself is made entirely of pine wood, to add to the aromatherapy aspect of wellbeing. This definitely enhances the overall experience of relaxation and wellness. There are separate rooms for Jacuzzi, Sauna and steam. Those who are seeking privacy can have their spa done in rooms with single beds aligned alongside the corridor; and those who prefer to

rejuvenate with their partner, can go for a room designed for a couple.

About the services: ShivAdya offers spa, massages and reflexology. On returning from local sightseeing, one can soak in the Jacuzzi or indulge in a re-energising massage which is complete with essential oils. The blissful experience in the lap of nature makes it even more effective. The spa menu has been developed keeping in mind the needs and preferences of the target audience. In addition, local tradition and culture influence the spa menu. The wellness therapies include body works, body polishes, body envelopments, facials and Oriental hand and foot reflexologies. The massage therapies are customised with varying degree of pressure and use different oils. The same goes for ingredients and techniques used for body exfoliation and polishing. Swedish Massage with Lavender Oil is especially popular, as is reflexology.

Therapists are also happy to recommend treatments for in-house guests that may



SHIVADYA IS SURROUNDED BY ORCHARDS AND OFFERS PICTURESQUE VALLEY VIEWS. BOURI SPA HAS BEEN CREATED WITH A VISION TO MAKE AVAILABLE SCIENTIFICALLY VALIDATED WELLNESS THERAPIES IN A RELAXED AESTHETIC ENVIRONMENT. THE TRIAD OF THE MIND-BODY-SOUL ARE THE INSPIRATION BEHIND OUR ACTIVITIES, BE IT STAFF TRAINING, GUEST SERVICE, INTERACTION WITH OUR STAKEHOLDERS OR SOCIAL RESPONSIBILITY. WE EXPECT TO SEE CONTINUOUS GROWTH IN TREATMENTS AND SERVICES WHERE WE CAN CUSTOMISE SCENTS AND OILS AS PER REQUIREMENT. WE WILL SOON BE OFFERING LONG-STAY BESPOKE SPA PACKAGES WHERE RESULTS AND RELAXATION MERGE.

– RITESH SOOD
Director, ShivAdya Resort & Spa

not be on the menu, such as, a homemade butter massage for gynaecological issues; or a ghee massage to rejuvenate your hair. Bouri Spa also has treatments, like Thai, Balinese, Swedish, Aromatherapy Massages, scrubs, and masks. The spa also offers customised Yoga therapies to enhance wellness. Each treatment begins with an offering of a warm, caffeine-free ginger root tea infused with local herbs, which is followed by a relaxing foot wash ritual to symbolically cleanse stress away.

Architect and interior designer: Ritesh Sood, Director, ShivAdya Resort & Spa.

Address: ShivAdya Resort & Spa, Village & Post Office Karjan, Tehsil Manali, Himachal Pradesh-175131

Contact details: Tel: 0-88943-48935/ 88943-46935

Website: www.ShivAdya.com

